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News worth sharing.

Great. Flame

► Calgary Flames great Al MacInnis speaks during a ceremony to honour him in the team's Forever a Flame program before the start of the Flames' game against the St. Louis Blues on Monday.

JEFF MCINTOSH/THE CANADIAN PRESS

Al MacInnis 'proud to be a Flame'

Al MacInnis received several gifts while being honoured at the Saddledome on Monday and it was announced that the Flames would donate \$25,000 to the charity of his choice. "It was the people of Calgary who welcomed me to the NHL, who made me proud to be a Flame," he said. MacInnis spent his first 13 National Hockey League seasons in Calgary, beginning in 1981.

Adoption offers pour in for pet husky

► Two-day-old baby boy died after he was bitten by the dog in his Airdrie home

Animal lovers from across the country are volunteering to adopt a pet husky that killed a newborn baby in Airdrie.

At least a dozen people have made requests through the city of Airdrie and many more have sent messages to the baby's parents.

"Euthanizing this dog will not bring that little baby back," said Ron Pawlowski of Bradford, Ont., a business professor who wants to have the dog moved to his farm.

"I know that the whole country shares in this poor family's grief. If this dog proves to be no further a threat, I hope that the dog can be given a new home."

The two-day-old baby boy was bitten Feb. 15 in the couple's

Parents in mourning

► Rob and Rhonda Fradette said in a statement last week that they had been mourning the loss of their new baby and hadn't discussed whether the dog should be destroyed.

home in the bedroom community north of Calgary. He died later that night in hospital.

A family friend has said the baby was crying in his crib, and the dog was likely trying to comfort him when it bit him once in the head. The female dog had previously given birth to several litters of puppies. **THE CANADIAN PRESS**

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Second Bolsa murder trial begins

A triple murder at a Calgary eatery on New Year's Day 2009 came after elaborate planning to target one of the victims, court heard Monday.

Those remarks, offered by Crown prosecutor Susan Karpa, came during the opening proceedings in the first-degree murder trial of 28-year-old Real Christian Honorio.

He is charged with participating in the killings of known gang member Sanjeev Mann, associate Aaron Bendle and bystander Kuni Su'a at the Bolsa Vietnamese restaurant. Two others were already convicted of the killings in October.

• METRO

No Ontario support for oilsands

Alberta Premier Alison Redford says she is surprised and a little disappointed by comments from her Ontario counterpart over the oilsands.

Redford was reacting to comments from Ontario Premier Dalton McGuinty, who publicly rejected her calls to do more to advocate for the oilsands.

McGuinty said the industry means a higher Canadian dollar, which hurts Ontario's manufacturing sector. Redford says that rising oilsands profits lift the entire Canadian economy and Ontario in particular. THE CANADIAN PRESS



Stampede could lasso ParkPlus technology

Easing congestion for Calgarians headed to grounds the biggest advantage of system: Parking authority head Discussions ongoing, no formal trials set



JEREMY NOLAI
@METRONEWS.CA

Motorists late for a Flames game or urgently craving a batch of mini-doughnuts could someday avoid lines at the Calgary Stampede grounds entrance gate if officials adopt a well-tested parking technology.

Calgary Parking Authority (CPA) head Troy McLeod said discussions have begun between his organization and the Stampede about potentially outfit-

ting their parking lots with the ParkPlus system, which utilizes patented metres and mobile-payment options.

"The biggest thing would be traffic control," McLeod said. "You could be buying popcorn and paying for your parking on your cellphone at the same time."

The CPA is currently in the process of evaluating the cost of installing ParkPlus at the site of the "Greatest Outdoor Show on Earth," but Stampede

spokesperson Doug Fraser stressed no formal decision has been made on using the technology.

"It's far from being complete," he said of the proposal, before adding that it was not clear whether the technology would result in lower parking prices for users.

Other municipalities have also approached the CPA inquiring about the ParkPlus technology.

Officials from Edmonton were in town to discuss the benefits of the

Parking perks

- There are roughly 5,000 parking stalls at the Calgary Stampede grounds that could be part of the ParkPlus system.
- Parking rates on the Stampede grounds are currently set at a flat rate of \$13. Traditional ParkPlus metres allow for hourly rates that can be adjusted in real-time based on customer demand.

system on Monday, McLeod said.

Council says no more Mission Road cash

City council kiboshed a request for more money for the Mission Road Main Street Innovation Project after the budget nearly doubled from its original projections.

The visioning process for Mission Road, spearheaded by Ald. Gian-Carlo Carra, involved community consultation to come up with a design for redeveloping the area.

What was originally expected to cost \$300,000 ballooned to nearly \$440,000 to date, and costs were expected to climb close to \$600,000.

Carra was hoping council would approve another \$90,000 to continue,

"Innovation is messy and this is case-in-point," he argued in chambers.

Ald. Gael MacLeod agreed council should see

the initiative through to the end.

"I think this should be the beginning of the conversation, not the end," she said.

Ultimately, the majority voted against it, effectively killing the project in the process.

"Once we get into these messy situations, it starts costing us a lot of money," said Ald. Diane Colley-

In the community

- Many citizens from the communities of Parkhill/Stanley Park and Erlton participated in planning sessions.
- Community consultation began in June of last year.

Urquhart. "We can spend all the money we want council ... but I think we



really need to take a step back."

• KATIE TURNER



Medic-alert tattoos convey messages to first responders in ways bracelets can't – but do they carry legal weight? Scan the code for the story.

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On the web at metronews.ca



Analysts are sounding the alarm over household-debt levels, but are the warnings overblown? Allan Small has more at [metronews.ca/investing](#)

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LOCKDOWN

Bomb scare yields nothing at Churchill

Police led bomb-sniffing dogs through Sir Winston Churchill

High School Monday but say a search in the northwest neighbourhood school yielded nothing.

The school was placed under lockdown and students were kept in their classrooms while police searched the area after the school received a bomb scare.

The search wrapped up shortly after 1 p.m.

• METRO

Shane Homes acquires Beattie Homes

Beginning March 1, Shane Homes Ltd. will be taking over single-family-home operations in the Calgary area from fellow builder Beattie Homes.

With the exception of

Rainbow Falls in Chestermere, Shane Homes will be taking over the inventory of lots, show homes and spec homes.

Shane Homes will also manage progress on custom homes currently under Beattie's umbrella.

Warranties on homes from prior years will be honoured by Shane Homes.

• METRO



For more local news, visit metronews.ca/calgary

Abusers often show 'two faces': Advocate

- Man at centre of Airdrie murder-suicide had history of domestic abuse
- Tragedy can serve to educate others in relationships, advocate says

 JEREMY NOLAIS
@METRONEWS.CA

At first encounter, they can appear charming, caring and willing to better themselves.

But it's once a chronic abuser has developed trust with a prospective partner that an ugly side tends to come out, says a Calgary advocate who believes much can be learned from a tragic murder-suicide in Airdrie last week.

Single mother Andrea Conroy was found dead in her home Friday, family members have confirmed. The man believed to have



► Homefront executive director Kevin McNichol

abuse, according to legal documents.

He was found dead in Nanton on Saturday.

"I would argue that there are some abusers who very deliberately are very good at putting on two faces," said Kevin McNichol, executive director for HomeFront. "One is the public face they show ... and then there's the other side — the scary, abusive side that comes out at other points of the relationship."

He added that partners are often drawn to helping individuals who claim to be working through their issues, believing they can

help them change.

"An abuser might seek out those people specifically," McNichol said.

'Young & stupid'

► When reached in Toronto Sunday, Rick Doucette's wife told Metro she was "young and stupid" when she met the competitive bodybuilder. She filed a restraining order against him after years of abuse — a claim verified by court documents — and would "probably be dead" if he hadn't fallen for another women.

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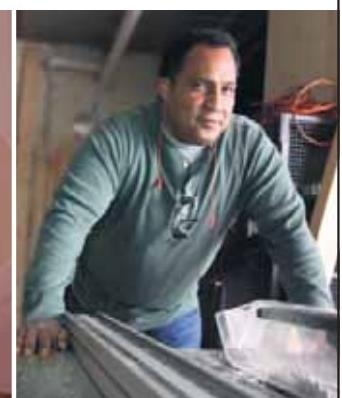
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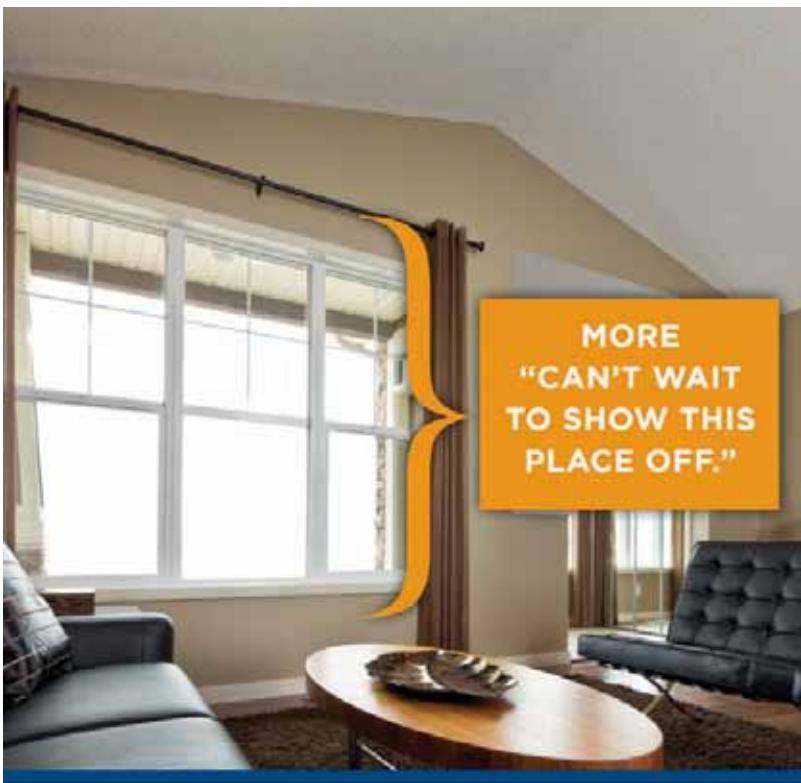
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► Paula Magdich, program-development leader for the city's green-cart pilot, displays some of the organic waste that the city will collect along with the compost created during the pilot-project launch on Feb. 22.

No easy go for city green-cart plan

- One-year pilot project recently started
- Wait for compost facility could stall citywide program



KATIE TURNER
@METRONEWS.CA

It could be four years before green carts roll out in communities across Calgary as the city works to determine the scope of a composting facility that will inevitably have to be built.

Based on the scope of facility, Jim Miller, program manager for the organics facility with the city, said there are a number of factors that will need to be determined once the pilot

7,500 There are 7,500 homes in Abbeydale, Brentwood, Cougar Ridge and Southwood that are taking part in the pilot project.

project wraps next year.

"This is a large industrial-type operation — this is not a backyard compost," he said. "We're talking many, many thousands of tonnes and that's a big part of this pilot project."

Council members will receive a report Wednesday

outlining a basic timeline for the green-cart program.

Ald. Brian Pincott said 2016 is far too long to wait for the whole city to start participating.

"It doesn't need to be any bigger now than it was two months ago, when the timeline two months ago was two years shorter."

Pincott said that, should the facility take as long as projected to be fully functional, it could hamper the city's goal of diverting 80 per cent of waste from landfills by 2020.

Police probe suspicious death

The neighbour of a woman who died after allegedly being beaten in her home for two days said she didn't hear a thing before the 51-year-old rang her doorbell, her

face bloodied and bruised.

Kimmie Fournier said she'd met the woman, who she knew as Marie, once before.

"She couldn't open her mouth to speak and I was worried she had a broken jaw," said Fournier.

The woman told Fournier a man and three women had beaten her and kept her there, after a rent dispute at the home on 85 Avenue and 108 Street on Friday, she said.

At the woman's request she put her in a

cab.

"I was surprised when the detectives came to talk to me at midnight and told me she passed away," she said.

Edmonton police were calling the death suspicious Monday, as they probed the alleged altercation that also sent a 23-year-old man to hospital.

Charges are pending against a 28-year-old man in police custody.

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3 ENGINEERS MOURNED

Black box could hold clues to deadly VIA derailment

Railway officials grappled Monday with the deaths of three of their own in a "rare" deadly passenger-train derailment as investigators focused on a black box that captured the crew's final moments — crucial evidence in the case.

Three locomotive engineers were killed in Sunday's devastating crash in Burlington, Ont., west of

PAWEŁ DWULIT/THE CANADIAN PRESS

► Flowers and a sign are seen Monday near the crash site.

Toronto. It was the first time in more than a decade that VIA Rail employees were killed aboard one of the company's trains in a derailment.

Two of the engineers, Peter Snarr, 52, and Ken Simmonds, 56, both of Toronto, were experienced drivers, each with more than 30 years in the industry, VIA said. A trainee, Patrick Robinson, 40, of Cornwall, Ont., joined them in the cab to observe, though investigators haven't ruled out the possibility that he was driving at some point.

As investigators pored over the wreckage, the head of VIA Rail said the derailment that killed the men and injured 45 passengers has sent shockwaves through the close-knit company. In an afternoon visit to the site, VIA president and CEO Marc Laliberté called the collision "tragic," but stressed it was a rare occurrence. THE CANADIAN PRESS

Grits take blame for Wikileaks



ADRIAN WYLD/THE CANADIAN PRESS

► Liberal Leader Bob Rae rises in the House of Commons on Monday to announce that one of his staffers had been responsible for attacks on Minister of Public Safety Vic Toews.

► Rae reveals one of his staffers was behind Toews-baiting campaign

A Liberal party researcher has resigned for tweeting salacious information about Public Safety Minister Vic Toews to protest the government's online surveillance bill.

Interim Liberal Leader Bob Rae told a stunned House of Commons that one of his staffers was responsible for creating the Wikileaks30 Twitter account that circulated alleged details of Toews' divorce.

Rae said the offending staffer — later identified as Adam Carroll — had resigned, and the leader extended a full apology to Toews.

"I discussed the matter with that individual this morning. He offered his resignation and I've accepted his resignation," Rae told the Commons.

Robocall probe

The House of Commons unanimously passed a motion Monday calling on all MPs to do everything they can to aid an investigation into alleged vote suppression during last spring's election.

► The NDP motion asks all MPs to turn over to the RCMP and Elections Canada all information they have on the "despicable" phone campaign aimed at discouraging opposition supporters from voting.

Two weeks ago, Toews was pilloried on the web over his sponsorship of the controversial Internet surveillance bill.

THE CANADIAN PRESS

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1 dead, 4 wounded in Ohio school shooting

► Student described as an outcast arrested after attack at suburban high school ► Charges not immediately laid

A teenager opened fire in the cafeteria at his suburban high school Monday, killing one student and wounding four others before he was chased from the building by a teacher and captured a short distance away, authorities said.

A student who saw the attack up close said it appeared that the gunman targeted a group of students sitting together and that the one who was killed was gunned down while trying to duck under the cafeteria table.

FBI officials would not comment on a motive. Police Chief Tim McKenna said authorities "have a lot of homework to do yet" in their investigation of the



► A distraught student leaves the school grounds with her mother following a shooting in Chardon, Ohio, on Monday.

shooting, which sent students screaming through the halls at the start of the school day at Chardon High.

Teachers locked down their classrooms as they had been trained to do during drills, and students took cover as they waited for the

all-clear in the town of 5,100 people 48 kilometres from Cleveland. One teacher was said to have dragged a wounded student into his classroom for protection. Another chased the gunman out of the building, police said.

THE ASSOCIATED PRESS

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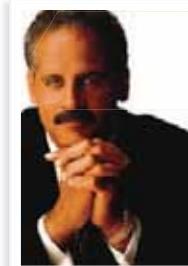
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SEAN KILPATRICK/THE CANADIAN PRESS



A dream comes closer to reality

- Motion calls for improved First Nations education
- Campaign started by teen who later died in crash

A teenage student from Attawapiskat was in Ottawa Monday to witness what could be a major turning point in her campaign to improve education in First Nations across the country.

Sixteen-year-old Chelsea Edwards is the face of the Shannen's Dream campaign, named after her good friend Shannen Koostachin, who died in an accident in 2010.

Like Shannen, Chelsea wants to see her reserve and many others like it gain the wherewithal to build a solid school and provide an education that is as good as what non-native kids would get off-reserve.

The House of Commons voted unanimously in favour of an NDP motion on Monday night calling for funding that would put First Nations schools on an equal footing with provincial schools.

It passed with the support of the governing Conservatives.

Chelsea went to elementary classes in a collection of chilly portables next to contaminated land on her reserve near James Bay.

A recent federal-First Nations task force found that at least 100 schools across the country were unfit for learning — adding to the problems that mean less

than half the students on reserves ever graduate from high school.

Those conditions prompted Shannen, also from Attawapiskat, to spearhead a student-led lobbying campaign for decent schools and education.

Four years ago, Shannen confronted then-Indian Affairs minister Chuck Strahl and was nominated for an International Children's Peace Prize. She died in a car accident in 2010 at the age of 15.

Chelsea, with the help of her MP Charlie Angus, picked up where Shannen left off.

THE CANADIAN PRESS

IQALUIT

Fire destroys student residence

Dozens of Nunavut students are homeless and without any of their worldly goods after a fire razed an apartment block in the middle of a frigid Arctic night in Iqaluit.

Early reports from the

territory's coroner said two people died in the blaze, which broke out late Sunday night. But the RCMP said that could not be confirmed.

There was, however, no doubt about the fire's impact.

"Most people have lost everything," Iqaluit Mayor Madeleine Redfern said Monday.

Most of the residents were students at Nunavut Arctic College, along with their spouses, children and other adult family members.

THE CANADIAN PRESS

Jury selection begins in Stafford trial

Potential jurors in the trial of a man accused of killing eight-year-old Victoria Stafford, of Woodstock, Ont., were being screened Monday in London, Ont.

Michael Rafferty, 31, is charged with first-degree murder, sexual assault causing bodily harm and kidnapping in the girl's death.

THE CANADIAN PRESS



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Putin warns the West

► Russian PM campaigns on anti-U.S. message ► Warns West to stay out of Syrian conflict ► Says U.S. trying to start uprisings in Russia

Prime Minister Vladimir Putin warned against military intervention in Syria or an attack on Iran in scathing criticism of the

West on Monday as he laid out his foreign-policy priorities less than a week before Russia's presidential election. Putin said the West

had backed the Arab Spring to advance its interests in the region, and that instead of promoting democracy the revolts had given rise to

religious extremism. Anti-Western rhetoric has been a key part of Putin's campaign.

THE ASSOCIATED PRESS



► Russian Prime Minister Vladimir Putin speaks at a meeting outside Moscow yesterday.



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THE ASSOCIATED PRESS

Study: Rich people not as ethical

A new study says rich people are more likely to engage in unethical behaviour than their poorer counterparts.

That's the finding from researchers at the University of California and the University of Toronto, published today in the Proceedings of the National Academy of Sciences.

In two tests, researchers found that upper-class drivers were more likely to cut off other cars and pedestrians at crosswalks.

The researchers used age, vehicle make and appearance to assess drivers' social class.

In another series of tests involving undergraduate students and adults, re-

Consistent

The findings in the tests were consistent across age, gender, ethnicity, religion and political orientation of the participants.

searchers found that those who consider themselves "upper class" were more likely to take valued items from others, lie during negotiations and cheat to increase their chances of winning a prize.

The authors of the study added that there are also many examples of ethical behaviour amongst more affluent people, such as philanthropic work.

THE ASSOCIATED PRESS

India probes borrower suicides

The government of India's Andhra Pradesh state said Monday it would push prosecutors to move ahead with 76 criminal cases against employees of Indian lenders it believes were involved with driving borrowers to suicide.

The comments came in response to an Associated Press story that showed, despite denials, that top officials from India's SKS Microfinance had information that implicated its employees in borrower suicides. SKS is a leader in India's microfinance industry, which gives small loans to the poor.

R. Subrahmanyam, principal secretary for rural development in Andhra Pradesh, said the story spurred state officials to attend to the cases.

THE ASSOCIATED PRESS

News in brief

Christian sites attacked

JERUSALEM. A top Roman Catholic official has asked Israel's president to help put an end to anti-Christian graffiti attacks on holy sites. Pierbattista Pizzaballa sent a letter asking President Shimon Peres to help eradicate "this dangerous phenomenon."

THE ASSOCIATED PRESS

135 deaths reported

SYRIA. A Syrian activist group said Monday that 135 people had been killed across the country, including 64 who died while fleeing an embattled area in the central city of Homs.

THE ASSOCIATED PRESS

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U.K.'s Sun paid sources, police say

► Accusation follows launch of Sunday edition
 ► Inquiry shifts from press practices to corruption

Rupert Murdoch's top-selling U.K. tabloid, *The Sun*, had a culture of making illegal payments to corrupt public officials in return for stories, a senior police officer said Monday, as Murdoch announced that the paper's first-ever Sunday edition had sold more than three-million copies.

Sue Akers, a Metropolitan Police deputy assistant commissioner, told Britain's media ethics inquiry that the newspaper openly referred to paying its sources and that such payments had been authorized at a senior level.

Her comments came the day Murdoch's company paid former teen singing sensation Charlotte Church \$949,020 in a phone-hack-

ing settlement for violating her and her family's privacy.

Akers said Sun journalists had paid not only police officers but also military, health and other government officials. One official received a total of \$126,536 over several years. Akers said, and one journalist had been given more than \$237,255 in cash to pay his sources. She said payments

went far beyond acceptable practices such as buying a meal or a drink.

"A network of corrupted officials" had provided *The Sun* with stories that were mostly "salacious gossip," said Akers.

Akers did not indicate when or if the payments had ended, but Murdoch insisted that practices at *The Sun* have now changed.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
- 25.39 (12,700.38)	+ 0.05¢ (100.08¢ US)	- \$1.21 US (\$108.56 US)	\$2.45 US (- 10¢ US)
		Gold	\$1,774.90 US (- \$1.50 US)

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Picture. Screen



► A man draws a picture on a new Samsung Galaxy Note at the Mobile World Congress, the world's largest mobile-phone trade show, in Barcelona on Monday.

MANU FERNANDEZ/THE ASSOCIATED PRESS

Spain plays host to host of phones

Germany gives nod to Greece's second bailout

The German parliament approved a second, \$173-billion US loan package for

Greece on Monday after Chancellor Angela Merkel warned lawmakers that it would be irresponsible to abandon the country to bankruptcy.

Although the motion was always expected to be

approved — the final tally Monday was 496-90 with five abstentions — the idea of bailing out Greece has remained very unpopular in Germany among the public and many politicians.

THE ASSOCIATED PRESS



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LOOKING FOR LOVE IN FRONT OF THE CAMERA

SHE SAYS ...

JESSICA NAPIER
METRO



particularly The Bachelor.

I remember watching the first episode of the now-infamous dating show in high school. Ten years and 16 seasons later, I still love watching doe-eyed dental hygienists compete for the affections of rose-wielding Prince Charming.

Knowing the success rate of these made-for-TV romances, you have to wonder who on Earth would ever sign up for this show?

When the national casting call for The Bachelor Canada came to town, I knew I had to stop by. I needed to find out how so many smart, successful, attractive women end up looking for love in the most public and potentially humiliating way possible.

When I arrived at the auditions, I was surprised and a bit disappointed to enter a room full of normal-looking ladies. No crazy models or emotional basket cases, just average women dressed in their best first date outfits.

"When I arrived at the auditions, I was surprised and a bit disappointed to enter a room full of normal-looking ladies. No crazy models or emotional basket cases, just average women dressed in their best first date outfits."

No crazy models or emotional basket cases, just average women dressed in their best first date outfits.

None of the women I saw were past their primes — many of them were barely of legal drinking age — so why were they resorting to reality television in order to find The One?

Rachel, a 29-year-old

banker, told me that it just

happens to be the right tim-

ing for her. "I'm pretty

adventurous," she said, "so

why not give it a try?"

Personally, I can think of a million reasons why, but I had to admire her confidence.

But how do these hopeful contestants plan on dealing with the pressure and the inevitable infighting that comes along with this not-so-monogamous dating situation? Twenty-eight-year-old Barbra told me that she might not get along with everyone on the show, but she plans on treating it like a job. "You don't necessarily like your co-workers," she said. "But you make an effort to tolerate them in order to get the job done." Maybe that's true, but your co-workers aren't hooking up with your boyfriend in an adjacent hot tub.

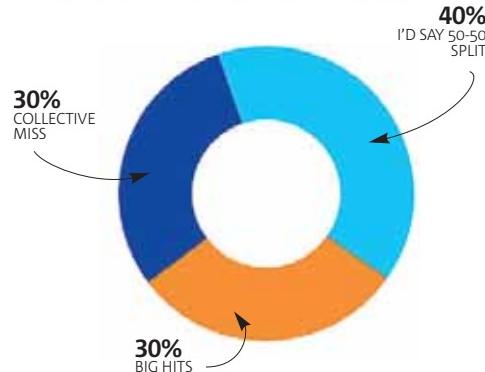
Ultimately, most of the hopeful bachelorettes were pretty sincere and genuinely hoping to fall in love. I guess if you haven't met anyone through your friends and you've failed at online dating, going in front of the camera to look for Mr. Right is just the next logical option for today's single ladies.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

Oscar 2012 fashion — hit or miss?



Daily Zoom



The mystic river

River looks like unearthly tree

ICELAND. With an eerily enchanting landscape, this stunning photo looks like it was taken on an alien planet. But it was actually captured aboard a Cessna light aircraft flying over Iceland. Here, what appears to be a tree is in fact a river running in many different streams. **MWN**

"There were many challenges. The first was whether I was able to endure the stress of flying in a tiny, vibrating aircraft that would dip suddenly on hitting the air currents."

SANDRO SANTIOLI, PHOTOGRAPHER

Local tweets



- #YYC
► **@marzoff:** Good to be home #YYC
- **@YouNeedAThneed:** Less than 2 weeks until the start of #DST and 7:30pm sunsets. #yycc
- **@sophia_jaffer:** so im driving to school, and i see a cop talking on the phone while driving. distracted driving law is not applicable to them it seems #yyc
- **@antoniosclove:** #yycc Can the Flames snatch defeat from the jaws of victory. AGAIN?
- **@nbones403:** I love our sunrises and sunsets, the sky is a trip! #yycc

SANDRO SANTIOLI/SOLENT NEWS

Shooting Iceland

Racking up air miles. Santoli spent 70 hours of flight time to capture his images.

Coping with the elements. Windows had to be kept open for the flight, but extreme cold then entered the cabin.



Santoli's favourite photo? The Blue Lagoon (pictured above). It's of hot springs, but from above it looks like ants in milk.



Scene in brief



The Canadian hockey comedy *Goon* is scoring big at the theatres. Alliance Films says the hockey flick claimed the top spot at the Canadian box office this weekend. It grossed an estimated \$1.2 million. The film stars Seann William Scott and Liev Schreiber as on-ice bruisers who barrel their way through the minor leagues. *Goon* was written by Jay Baruchel and Evan Goldberg and co-stars Alison Pill. Other films that opened last weekend include the Paul Rudd-Jennifer Aniston comedy *Wanderlust*, Tyler Perry's *Good Deeds* and the Navy SEALS flick *Act of Valor*, which topped the box office south of the border. Director Michael Dowse (*Fubar*, *It's All Gone Pete Tong*) shot *Goon* in Winnipeg and nearby Portage la Prairie, Man.

THE CANADIAN PRESS



Singer Charlotte Church looks past phone hacking case after tabloid settlement

OUR OSCAR FAVOURITES

Sure, *The Artist* won Best Picture. But here's what we'll remember about the 2012 Academy Awards.

THE SINCERE SPEECHES

...mostly devoted to Martin Scorsese. Here's the most popular words from the night's acceptances.



THE BEST DRESSED, ACCORDING TO TWITTER

THE BIGGEST LAUGH

ANGIE'S LEG

The Wizard of Oz focus group—a reunion of *Waiting for Guffman* stars Christopher Guest, Eugene Levy, Fred Willard and more. Said Willard's audience member:

"I DIDN'T LIKE IT TILL THEY GOT TO THE FLYING MONKEYS."

Close second: Justin Bieber.

When taking the stage to introduce the Best Screenplay categories, Jolie struck a curiously powerful pose, exposing most of her right leg. The move inspired some instant imitation, a new Internet meme called "legbombing." Here's a look at her leg's impact, by the numbers.

Tweets per minute posted about Jolie after her leg-baring appearance:
3,399

Number of followers the new Twitter account @AngiesRightLeg collected within four hours of its creation:
8,511

Number of Oscar winners to parody the strong pose:
2
(Descendants co-writers Jim Rash and Nat Faxon)

tonight
Thank
going fellow
like every Kirk
"BUT WHATEVER."
BEST QUOTE



Best reaction online:
@roblathan
ANGELINA JOLIE'S RIGHT LEG SHOULD HOST NEXT YEAR. #Oscars

Billy's blackface sparks Twitter talk

Some are questioning Billy Crystal's impression of Sammy Davis Jr. in his opening number as Oscar host. As part of Crystal's opening montage, he parodied Woody Allen's *Midnight in Paris*, going back in time to the 1920s. Then Crystal, performing as Davis in blackface, popped up and suggested they go kill Hitler.

Crystal played Davis the same way many times on Saturday Night Live in the 1980s, but that didn't stop hundreds from questioning the bit on Twitter.

When Octavia Spencer won supporting actress for *The Help*, comedian Paul Scheer tweeted her win "shows just how far we've come since Billy Crystal performed in Blackface."



A-Listers pack Vanity Fair's Oscar after-party

On Sunday, Vanity Fair's held its always compact A-list Academy Award after-party at West Hollywood's Sunset Tower Hotel, one of several parties following the 84th annual Academy Awards at the Hollywood & Highland Center. Starlets and Oscar nominees and winners mingled. Jonah Hill, nominated for as best supporting actor for *Moneyball*, smiled and shouted out a sassy expletive decrying his and the film's loss, surrounded by a pack of friends, including Seth Rogen. Rogen, who hosted Saturday's Film Independent Spirit Awards, also laughed and drank with fellow funny guy Jason Segel, star of *The Muppets* movie.

In one corner booth tucked to the side of the party's outdoor patio, Gwyneth Paltrow held court with her Coldplay husband Chris Martin and silver screen vet Jane Fonda, while talking with Cameron Diaz.

Sean Young arrested at post-Oscars bash



Los Angeles police say actress Sean Young was placed under citizen's arrest after a fight at the official post-Oscars party. The 52-year-old star of *Blade Runner* and *Stripes* was arrested at the Governor's Ball at 9:25 p.m. Sunday and was booked at the Hollywood police station for investigation of misdemeanour battery. City News Service says she posted \$20,000 bail and was released at 2:55 a.m. Monday. Police Sgt. Enrique Mendez wouldn't give details about the incident.

THE ASSOCIATED PRESS

The leg that launched a thousand memes

► Angelina Jolie's Oscar stance still subject of much discussion

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

 It's two days after the Oscars and the world isn't talking about how Billy Crystal did as a host (meh!), who won (The Artist! A lot!), or who lost (Viola Davis, you were robbed!).

Nope. The world is focused on one thing: Angelina Jolie's leg.

Her awkward red carpet stance, in which she made sure her right leg was constantly on display through the slit in her black velvet Atelier Versace gown, is a pose that has launched a thousand Internet memes.

There's a Twitter handle — @AngiesRightLeg — that is nearing 15,000 followers with tweets like, "You have to admit I'm one hell of a leg!" and also a Tumblr account entitled "Angelina Jolie'ing," where readers can upload photos of themselves showing off their ashy thighs.

There's no reason for why she stood like that, time and time again. (My theory: Her bony leg was poking out to sniff around for a sandwich.)

But perhaps the funniest mocking of the leg came from The Descendants co-writer Jim Rash, who hit the stage with Alexander Payne and Nat Faxon to accept the award for Best Adapted Screenplay. The look was quickly imitated by Rash and Faxon, but the scribes insist they weren't mocking the actress.

"She's supremely hot," Faxon said backstage at the awards show, while Rash was quick to explain his ac-



► Angelina Jolie

tions: "I just saw her pose and I thought, you know what, we have exactly the same legs," the writer, who also stars in the sitcom Community, said. "It was more like, 'Oh, she's standing great, I'm going to stand like that, too.'"

Rash better watch it. No one mocks Angelina Jolie in front of her face and gets away with it. The last person to do that was Billy Bob Thornton, and we're pretty sure he's currently working at a Cracker Barrel in Parissapany, N.J.

Celebrity tweets



Nothing makes a girl feel special like a homeless man screaming "now those some hips!" as she walk by.

@oliviawilde



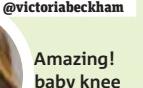
For me, a great day is defined by whether 7/11 has the blueberry coffee. Today is a great day.

@JasonAlexander



Amazing! baby knee pads for when babies start crawling!!

@victoriabeckham



Just saw a Jeremy Lin jersey on sale for \$300. These prices are Jeremy insane! Wait... Did I do that wrong?

@ConanOBrien

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No nip slip for Jennifer Lopez

Many eagle-eyed viewers were convinced they caught Jennifer Lopez having a wardrobe malfunction while presenting at the Oscars, but her stylist, Mariel Haenn, insists there was no nipple-baring.

"The dress fit perfectly to her every inch. There were cups built in and there's no chance that there were any, how do you say? 'slips,'" Haenn posted on Twitter.

"While the dress did give the illusion of sheer ness, joke's on everyone who wishes they saw something."



► Jennifer Lopez

Anne, we didn't think you were the tabletop dancing-type

While most might not think so, Anne Hathaway insists she can relate to a particularly troubled young starlet.

"Lindsay Lohan and I have more in common than people think," Hathaway tells the Sun.

"We've all done things we shouldn't. It is just that I did stuff at college when nobody

knew about it, so I'm not a saint. I wasted time doing self-destructive things."

And exactly what sort of self-destructive things are we talking about here?

"I found you can only dance on so many tabletops," Hathaway says. "I got all that out of my system and I am healthy and grounded."

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Up trend

Adele

Throat surgery may have stopped her from singing, but not from swearing. The rumour she was taking a five-year break from singing is false — phew. We just want her to keep dating bad boys and keep getting dumped so she can keep on making albums for us to enjoy.



Health Canada reviewing MS drug Gilenya, linked to 11 deaths outside Canada

How to \$tay \$ane

► You worry about money — maybe a little too much ► Charles Richards, psychotherapist and author of *The Psychology of Wealth*, tells us how to find the balance



ROMINA MCGUINNESS
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

On this page, we often write about relationships — with food, exercise, significant others. But it's time we addressed a topic that's equally influential, and sometimes completely dysfunctional: your relationship with money.

According to Charles Richards, author of *The Psychology of Wealth*, money doesn't just indicate power, but has power — we are infused by its energy. And if you're not prepared to manage that energy constructively, it will manage you, often negatively. Here are four typical situations on how to deal.

I've lost my job and my money. How can I find the will to live?

"Situations can change in a heartbeat, so when your identity is tied to what you have or what you do, it's a dangerous place to live from," says Richards. "If

being rich, popular and successful gives you meaning and for some tragic reason you can't be that person anymore, you could think your life is over. Connect with a deeper part of yourself (spiritual belief or meditation) that goes beyond what you have and what you do."

I'm petrified of failure.

"Don't let fear of failure stop you from moving forward," says Richards. "Successful people fail many times but they just persevere and take full responsibility for what is going on. Failure is a problem but there's always a way out of it, just as long as you use a little initiative to find out what that is."

All I want in life is to make money. Is that healthy?

"You can be rich financially but have a poverty of soul if that wealth is just self serving. Anyone aiming for greater financial success should serve a higher purpose (philanthropic or spiritual, environmental or health)



The biggest losers

One third of multi-million dollar lottery winners lose all their new-found wealth — and often end up worse off than before they won.

\$5.4M Evelyn Adams hit the jackpot twice but that didn't stop her from wasting winnings on her gambling addiction. She ended up broke and living in a trailer park.

\$1.9M Luke Pittard spent it all on a trip to the Canary Islands, a house and a wedding. And just 18 months later he was flipping burgers at McDonald's.

\$93K Lindsay Lohan didn't exactly win the lottery but being a child star is similar in the luck department. Celebrity website TMZ reports that the actress hasn't paid her 2009 income tax, let alone 2012.

or strive to empower others."

All this recession talk is making me anxious. How can I stay upbeat despite the current financial turmoil?

Stop listening to the messages of doom and gloom all the time. "Do you want it to be your reality? No, so shut out the drumbeat that comes from the media. Yes, there's a reality to what's going on but if you allow yourself to be influ-

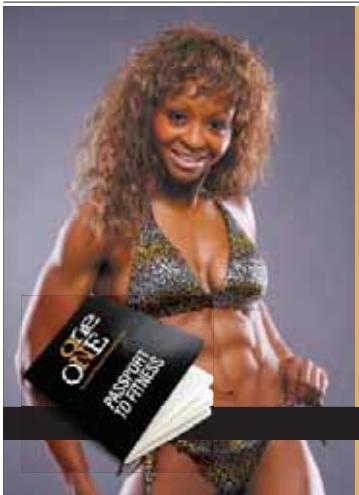
enced by the media bombardment about financial meltdown and hardship then it's going to become a reality for you. Don't assume it's going to become your truth and it won't."

I'm in financial trouble — I can't think, I can't sleep and I'm super stressed!

You can't ignore the practical reality. You have to face it head on.

"Make a plan with clear

goals to ease the stress and turn the situation around. This will take discipline, delayed gratification, practical thinking and decision-making. Financial challenges can be positive in that they stimulate creativity as you are forced to find a way out. Once your self worth is healthier you tend to be more expansive in your thinking. You won't be successful until you are willing to take responsibility."



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BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Health Risks Your Nails Reveal

Experts say that our fingernails can show warning signs of underlying health problems. We had freelance writer Michelle Villett look into this in the most recent issue of Best Health magazine.

Ridges

Vertical ridges are

Best Health Minute

common as we age, but if you see horizontal ridges, talk to your doctor; it could indicate respiratory disease, malnutrition or even heart attack risk. They could also be triggered by a deficiency of B vitamins.

Brittle Nails

The cause is genetic. Keeping nails short and using a nail hardener can protect them from splitting or snagging. And getting enough calcium

can help, too; for most women ages 19 to 50, the recommended daily amount is 1,000 mg.

Hangnails

These are likely caused by a lack of folic acid or B and C vitamins, says Vink. But they can also be caused by picking or pushing cuticles back. Boost vitamin B and C intake.

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The perfect place to pig out

► The Pig and Duke, the city's newest pub, boasts delicious and unique menu

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA



When it comes to a pub, a pint is a pint. It's the menu that usually wins over my heart.

At Pig and Duke, it was hard to decide on lunch

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Social lunch: Yes
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Price range: \$7 - \$18
Rating: 4 out of 5

with an array of meat-centric offerings.

I finally settled on The Hammer (\$14). It sounds intense, but was simply a kielbasa sausage stuffed with truffle cheddar, wrapped in bacon, topped with guiness mustard in a soft baguette. Actually, that is intense.

It arrived with a sort of "how am I supposed to bite into this" kind of charm. Thankfully, I figured out how.

If I can order a Jager Bomb (\$9) at lunch and get away with it, then I'm all for it. The Duke's dessert version of the popular shot features vanilla shortcake topped with house-made Jager ice cream and a red bull reduction. Yum. The ice cream was amazing.

I am currently trying to figure out how to obtain a tub of it.



► The Hammer (\$14).



► Start a game of Telephone on the train.

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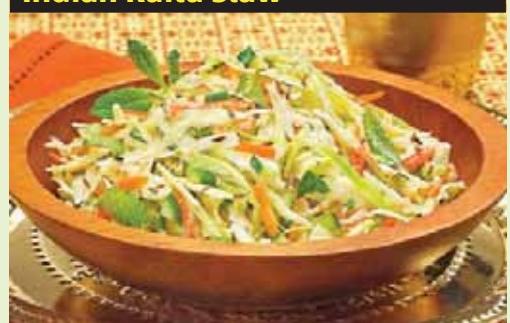
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Indian Raita Slaw



Preparation:

1 In bowl, combine yogurt, mayonnaise, cucumber, lime juice, honey, cumin seeds, mint and pepper, mixing well. Add cabbage and carrot; toss to coat.

2 Chill for at least 1 hour before serving. Toss again before serving.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 7 ml (1 1/2 tsp) toasted cumin seeds
- 50 ml (1/4 cup) chopped fresh mint
- 1 ml (1/4 tsp) freshly ground black pepper
- 1 L (4 cups) shredded green cabbage
- 1 carrot, coarsely grated

Make someone #Happy now

► Wherever you're reading this, you can easily change someone's day ► It just takes few seconds

ON PUBLIC TRANSIT

Anyone can do it

Right before you get off, say something nice, without being creepy, to someone who looks like they deserve it today. Then walk away gracefully, so they're not threatened, but left with a happy thought.

For the truly bold

Start a game of telephone. Say to the person next to you: "Have a great day, pass it along," and have them tell the person next to them. This may work better in the evening, since people may be less grumpy.

For the insanely #happy

Try to create a viral video right on the spot. Get the whole subway car, bus or ferry singing a happy song, or to do a kick line — what-

Which did you do? What happened? Tweet it today with #Happy.

ever won't get you arrested. This may be corny. But it has also made others money off YouTube. You could affect the world.

ON THE STREET

Anyone can do it

Look up in the sky, or high atop a building, craning your neck, appearing really absorbed. When someone stops and asks what you're looking at, use the opportunity to say something nice to them.

For the truly bold

Right now, use your smartphone to find the nearest thrift store, homeless shelter or some other charitable organization. Walk in

with a small amount of cash. Donate the cash.

For the insanely #happy

Drop everything you're doing, tell someone you underappreciate to do the same, and then treat them to a surprise day or manicures, movie — something you wouldn't normally do on a Tuesday.

AND FINALLY

If you're rolling your eyes at these ideas, cynically wondering what moron would do any of them, please come up with something better and tell us about it. Tweet it, too, with #Happy. It would make Metro smile. ■ MWN

GET YOUR RRSP ON

FUN AND FRUGAL

LESLEY SCORGIE

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You only have until tomorrow to make your RRSP contribution for the 2011 tax year; Feb. 29, 2012 is the official deadline. Short on contribution cash? Consider an RRSP loan. Currently, RRSP loans have attractive interest rates, hovering near prime, and have flexible repayment plans. But, it only makes sense to take out an RRSP loan when the taxable benefit you receive from your RRSP contribution is greater than the amount of interest you'll pay on the loan. To help figure out if it's worth it, see an adviser.

The largest benefit of an RRSP loan is that the more you contribute, the more

you'll earn through compounded returns. Let's say you decide not to borrow \$10,000 to maximize your RRSP at age 30. That \$10,000 compounded at nine per cent for 25 years adds up to \$86,000 before tax when you're 55. Thus, you would miss out on \$76,000 of compounded returns. Meanwhile, your \$10,000 RRSP loan at six per cent interest, paid off over 12 months, would cost you less than \$350 in interest. Calculate your own borrowing scenario on bankrate.com. You're a good candidate for an RRSP loan if:

- You don't have enough cash to make an RRSP contribution by Feb. 29, 2012
- You have a job and can afford to pay the loan off within 12 months
- You have left over contribution room within your RRSP
- You don't have significant consumer debt; in excess of \$5,000.

You buy it, you sell it

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

It used to be that prospective homebuyers would zero in on three places while searching for added value — kitchen, bathroom and rec room. A kitchen island, separate shower and finished basement, preferably with a tiki bar, were guaranteed to draw offers.

Then along came whirlpool tubs, children's wings, great rooms and soaring foyers. But what comes around goes away in the real estate market.

Today, value-conscious buyers and profit-conscious builders are opting for less is more. On the wane are sunrooms, outdoor kitchens, two-storey family rooms and media

rooms.

But popular once again are basics such as well-planned spaces, storage and functional (not necessarily fancy) outdoor areas.

The lesson for those house shopping this spring — in the still mostly vibrant Canadian real estate market — is to spend your money on features that are difficult or expensive to add later. The right choices now will pay off when you become a seller. According to a 2011 AVIDBuilder.com survey, Canadian buyers are most eager for the following three home features or qualities:

1. Efficiency The soaring foyer may look great but give it a pass if re-sale value is important. Two-storey rooms and open fireplaces also have reduced appeal because of rising heating costs.

2. Spaces not rooms The number of rooms or over-



► Alison's money rule: When home shopping, focus on good bones to achieve the best bang for your real estate buck.

all square-footage is less important than how they fit together. Increasingly buyers are drawn by a home's flow and utility rather than its statistics.

3. Green, green, green

This includes not only energy efficiency in windows, appliances and insulation, but also green building products to reduce or eliminate concerns over toxicity.

There are three specific home features Canadians adore:

1. Walk-in closets
2. Linen closets

3. Family-style kitchens

While the survey was primarily focused on features desired by Canadians shopping for homes south of the border, they hold true in every real estate market over time.

Conspicuous consumption in a home can appeal temporarily, but if you are shopping for the best value, pay attention to the basics.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISON.GRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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BANANASTOCK/THINKSTOCK

BUILD A CULTURE

SOCIAL RESPONSIBILITY OFFERS REWARDS TO COMMUNITY

Many people say that giving is better than receiving, and now many Calgary corporations are also saying the same thing.

More and more businesses are seeing the value in being socially responsible and giving back to the communities they serve, especially in Calgary.

"Being socially responsible has moved from the nice-to-do spectrum to the need-to-do spectrum," says Robb Price, founder of DeliverGood.org.

"It has become commonplace and expected that businesses give back and act in a socially responsible manner."

DeliverGood matches charities and non-profits who need stuff with people and companies who have stuff by proximity, by mission, by name or by need and has worked with more than 250 charities in 2011. "Our business is built to not only be socially responsible, but to help other business be socially responsible," says Price.

And the corporate world in Calgary has really been stepping up to the plate lately.

On Feb. 24, TELUS announced it would be donating \$6 million to Calgary-based charities and community organizations in 2012.

With more than \$30 million invested in local community initiatives in Calgary and \$3.8 million to 238 grassroots, youth-oriented programs, TELUS Calgary Community Board has

made a huge impact in the Calgary community since 2005.

For businesses looking to become more socially responsible, there are resources to help with this task.

"It's refreshing to see organizations like the Canadian Youth Business Foundation supporting organizations who set out to build socially minded businesses," says Price.

"Not only do they support socially-minded businesses, but they travel around Canada promoting this as a business, inspiring people to go after what they're passionate about and make it happen."

Price also offers a few tips on how businesses can become more socially minded:

BUILD A CULTURE, NOT A CAMPAIGN: A socially-minded culture has a beginning and an end, a campaign only has a beginning.

BE PASSIONATE ABOUT IT: Choose a cause that you are passionate about.

COMMIT TO IT: Make your commitment part of your business plan.

MEASURE IT: Live up to your commitment by measuring your results.

TALK ABOUT IT: Tell people what you are doing.

"Celebrating your socially-minded successes will let others know what you're doing and could inspire other businesses to do the same," says Price.

— Candice Ward



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United Way
Calgary and Area

CHANGE STARTS HERE

UNITED WAY MAKES CALGARY STRONGER

These heroes may not be seen in tights or capes, but they are always there to lend a helping hand to those in need.

By focusing on the root causes of social issues, the United Way of Calgary and Area works with a number of organizations to make Calgary a great city for everyone.

"At the core of it, United Way is all about community impact," says Holly Higgins, BeCause Strategic Lead for United Way of Calgary and Area. "We work to help those in immediate need and create better lives for individuals, families and communities of Calgary by changing social conditions over the long term."

Higgins says the United Way is impacting change on the ground level in Calgary, not just through funding agency programs, but also through its collaborative work with key community partners, including government and business.

On March 1, BeCause, United Way's next-generation initiative, will kick off 2012 with the BeCause Black & Red Bash at Double Zero downtown. This event is a unique opportunity for future leaders to connect with existing community leaders, engaging



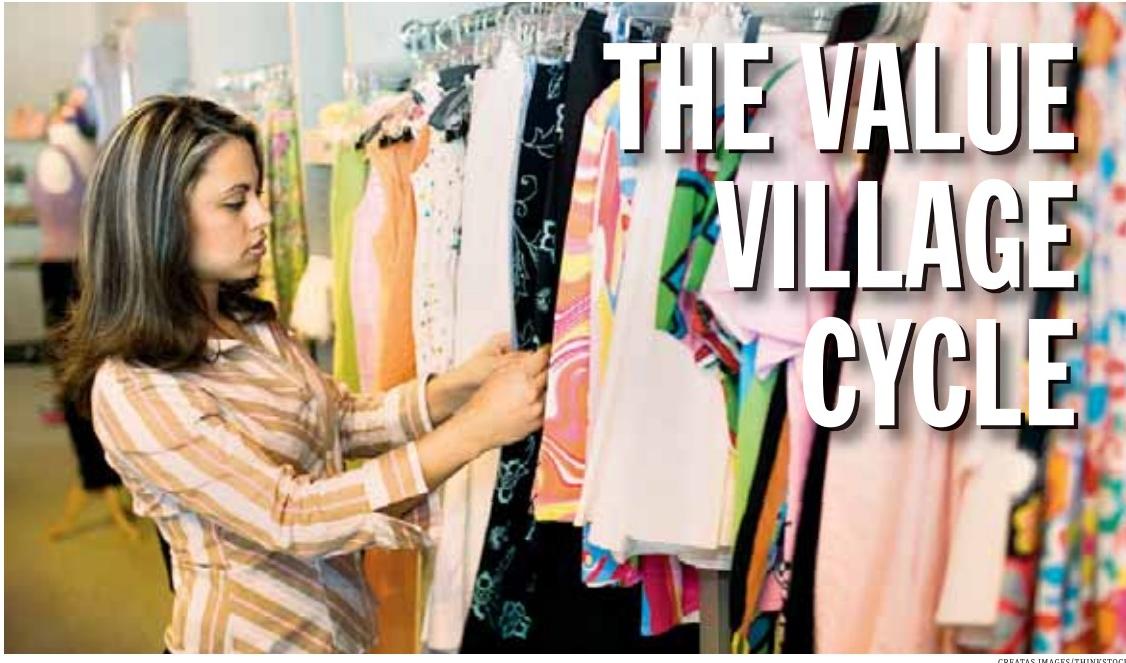
UNITED WAY OF CALGARY AND AREA PHOTO

them to get involved to help build a better future for the people of the community.

"The growth and success of BeCause speaks to the nature of Calgary, and that growth is due to the willingness and enthusiasm of the next generation," says Ryan Jennings BeCause Co-Chair.

For more about the United Way of Calgary and Area, or to donate, visit calgary-unitedway.org. For more about the BeCause Black & Red Bash, visit because.ca.

— Candice Ward



THE VALUE VILLAGE CYCLE

CREATAS IMAGES/THINKSTOCK

OFFERS ONE OF LARGEST RECYCLING PROGRAMS IN WORLD

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags.

What many don't realize is that one of the easiest ways to "go green" is by

shopping thrift. When you shop at Value Village stores and donate reusable items to its non-profit partners, you are keeping goods out of landfills and giving old treasures new life.

"We know millions of families are already starting to clear out their clutter with spring cleaning," said Tony Shumpert, vice-president of recycling operations for Value Village. "By do-

nating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, keeping more than 500 million pounds of goods out of landfills last year alone."

So how does it work?

DID YOU KNOW?

Value Village buys its merchandise from more than 60 different non-profit offices across Canada. This unique relationship helps support the community programs or each non-profit and also creates more jobs.

Every Value Village location partners with a charitable organization in its community, such as the Canadian Diabetes Association. All year round, each store pays its non-profit partner for every donated item, including clothing, housewares, books and more — turning otherwise unused goods into sustainable funding that supports vital community programs and services. Customers can either call the non-profit for a pickup or drop off their items at the convenient Community Donation Centres located at every Value Village.

The highest-quality items are value-priced and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled — with most items being sold to developing countries and material wholesalers.

For more information on Value Village's non-profit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit valuevillage.com.

GIVE IT UP... for good

Help the community and planet Earth by donating your reusable clothing and household items at the Community Donation Centre located at Value Village. Value Village pays local nonprofits every time you donate. Plus you'll be helping to keep reusable items from ending up in landfills. So you can feel great when you donate!

- To find a Community Donation Centre near you or to see if home pick-up is available in your area, visit: www.valuevillage.com

Donate and Make a Difference



ValueVillage
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Down to the wire

► Last-minute investing advice



The clock is ticking down to midnight Feb. 29, the final deadline to make your 2011 RRSP contribution. And while there are people who wait until the waning hours to invest, the experts caution against doing so.

"You don't want to rush something as important as your retirement savings and financial future," says Joel Neynens, a certified financial planner and the vice-president of Gordon Stirrett Wealth Management in Halifax.

Neynens offers the following last-minute investing tips:

Allocate your RRSP to a "cash position." When you hand over your RRSP funds to your banker or financial

More info

► For information about how to set up a registered retirement savings fund, make contributions to an RRSP, receive income from an RRSP, how to make withdrawals from an RRSP and more, visit the Canada Revenue Agency's website at cra-arc.gc.ca and type "RRSP" in the search box.

adviser, you don't have to choose on the spot how you want them to be invested.

"Don't feel like you have to decide what type of asset class you have to invest in right away," says Neynens. This way, the money will sit in the "cash position" portion of the account until you are ready to make an investing move. "There's no time

metro
metronews.ca
TUESDAY, FEBRUARY 28, 2012

RRSP GUIDE

limit to doing so," says Neynens. "And you'll still get an RRSP tax receipt."

The major downside to this approach is that if you keep the funds in the cash position for an extended period, you won't get the potential rate of return

you would if you have invested them.

Get professional advice if you need it. If time is of the essence and you are not comfortable handling your own finances, it's important to seek profession-

al advice — especially if you are just starting to save for the future.

New investors are often trying to get a handle on what RRSPs and what investments are eligible," says Neynens. "It can be quite confusing."

Don't get down to the wire. Even though the RRSP deadline is midnight, "unless you're investing online, you really only have until whatever time the bank or your financial adviser's office closes on deadline day."

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Which choices make cents?



The big question around this time of year is ... should you contribute to your RRSP or use the money to reduce debt?

Here are some things to think about.

RRSP

An RRSP investment, says Jason Round, head of financial planning support for RBC Financial Planning, provides some sense that you will achieve a certain rate of return based on the level of risk you are willing to take on.

There is also an immediate tax deduction.

Also, if you are a higher income earner and you expect that during retirement you are going to earn less, then that would be significant motivation, too, says Round.

Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada, says if you start early, even if you only make a small contribution, that money is working for you over a longer period of time. And you need to save less. You



also get into the important habit of saving for retirement.

DEBT

When debt is non-constructive (you are using it to buy a car, house, go on a vacation, etc., and you pay interest charges every month), clearing debt should be your first plan of attack, according to Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

For example, if you owe \$1,000 on a credit card that has an interest rate of 20 per cent, you would save 20 per cent in after-tax dollars. "That's com-

pelling when GICs are paying next to nothing, the stock market is up and down, mutual funds up and down. Where are you going to get a 20 per cent return after tax and, for some people, 35 per cent rate of return before tax?"

But remember — if you just pay off debt you may at some point have to go back into debt to make up for the fact you didn't save.

WHAT TO DO?

One common strategy, says Williams, is to make an RRSP contribution (which addresses retirement savings) and then use the tax refund to pay down debt.

Thinking about your child's future


**YLVA
VAN BUUREN
FOR METRO**

With just a few days until the deadline for the RRSP contribution, many families are looking at their savings and wondering if they should use the money for their RRSP or open a registered education savings plan (RESP) for their children?

If it's not always an easy decision.
"You really have to look

at it not just from a retirement savings, mortgage or education plan point-of-view, but from the entire context," says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

If education savings is a goal, he suggests making an RRSP contribution and, with the tax deduction, use the money to contribute towards your children's education.

"An RESP is a dedicated savings plan for your child's education and you get a government grant..."

An RESP is a dedicated savings plan for your child's education and you get a government grant, says Williams. It's also tax-deferred saving so there are no tax implications on any of the growth while it's in the plan.

"We have RESPs for both of our kids," says Jill Briggs, a Toronto mom with two boys, Henri, 8, and Elliot, 6.

"We believe that the cost of post-secondary education will be very high by the time our kids are at

that stage, and we wanted to ensure that we can afford to send them without crippling ourselves financially. But we also want to be able to help them with the cost so that they don't graduate with huge debt as well."

While there aren't immediate tax benefits, says Jason Round, head of financial planning support for RBC Financial Planning, when you make a contribution, the govern-

ment will contribute up to \$500 under the Canada Education Savings Grant Program into the plan — and that's free money.

The negative is the RESP can only be used for education. If your child doesn't use it for post-secondary education, even though you can take out the amount you have contributed, you have to repay any grants you received and there might be penalties as well.



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Opportunity in Disguise

► Missing this year's RRSP boat doesn't mean financial ship will sink



JANE
DOUCET
FOR METRO

If you don't make this year's RRSP contribution deadline of midnight Feb. 29 and you are hoping there is a grace period post-deadline, you will be out of luck. But arriving late to the investment party can be an opportunity in disguise.

"Trying to scramble to invest in an RRSP at tax time is challenging," says Joel Neynens, a certified financial planner and the vice-president of Gordon Stirrett Wealth Management in Halifax.

Instead, Neynens advises paying yourself first throughout the year. "If you have a consistent monthly income, monthly contributions are ideal," he says.

If you don't have fixed monthly earnings because you are self-employed, you could set up a separate bank account and sock RRSP funds into it whenever you have a windfall. Then you will have to summon the self-discipline to resist the temptation of using those funds for non-RRSP-related reasons.

Assessing your whole financial picture, either on your own or with a financial adviser, is a good idea at least once a year. That way, if you suddenly become widowed or divorced, or you inherit or win a large sum of money, you will be sure that some of it will be directed to your RRSP before you start shopping.

Whether you have a partner or children will al-



so affect your financial snapshot.

If you are lucky enough to get an income tax refund this year, you could roll it into next year's RRSP. "The key is to not use it for discretionary spending," says Neynens. "Generally, if the money is in front of you, you'll want to spend it. So

hide it in that separate bank account and forget about it."

That doesn't mean you shouldn't take a well-deserved vacation for working so hard, but maybe it will mean the difference between a family trip to Disneyland and a camping trip close to home.

When next year's deadline is looming, try not to wait until deadline day to hand over your cash. The sooner before the final moment you can do so, the better prepared you will be. And being organized and committed to saving is key.

"It's a case of paying yourself first ahead of oth-

er things and prioritizing your wants versus your needs," says Neynens.

"It's all about choices. You have to ask yourself whether HDTV is more important to you than saving for retirement. Then get ready to sharpen your pencil and ask yourself, 'Do I really need this?'"

Maintain a strict regimen to save

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dians' contributions to their RRSPs are well below the allowable limits.

Statistics Canada reports that a little less than six million Canadians who filed an income tax return contributed to their RRSPs in 2010, down 0.2 per cent from 2009, and while total contributions increased 2.6 per cent to \$33.9 billion, those contributions represented only 5.1 per cent of the total contribution room available.

RRSP contribution rates are low for several reasons.

"A lot of people may make contributions, but not to the maximum, and then you've got people who don't contribute at all," says Murray Pituley, director of tax and estate planning with Investors Group.

Pituley offers some tips for Canadians to reduce expenses and save so they can show their RRSPs.



some money.

He suggests people track their spending more carefully to identify areas where they can cut back and make efficiencies to free up money for their RRSPs. "Eating out and having those coffees every day are expenses that add up over time," Pituley says.

The next strategy is to

pay yourself first. Set up a pre-authorized savings or RRSP contribution plan so money is automatically taken out of your account every month, and prepare a budget based on what is left over.

"This provides the regimen to save that a lot of people need, because once the money is in your RRSP

you tend to leave it there because of the tax implications if you withdraw it," Pituley notes. "It's also an efficient way to invest because you can continue to buy into the market when it is down."

If you get a lump sum payment such as a bonus, a tax refund or even an inheritance, put some or all of it into your RRSP if you have the contribution room.

If you intend to maximize your RRSP contributions, you can apply to the Canada Revenue Agency to have your employer reduce the amount of tax withheld at source, which will put more disposable income into your pocket during the year to put into your RRSP instead of waiting until the end of the year.

Many tax refunds are the result of too much employment income being withheld at source. The

only reason you get a refund is that you have overpaid your taxes the previous year. In essence, you gave the government an interest-free loan and the refund only returns the principal amount of that overpayment.

In some cases, it may make sense to borrow to contribute to your RRSP.

In general it may make sense to borrow if you are in a high tax bracket because you will get a larger tax refund, which can be used to pay off the loan.

Because the interest on the loan is not tax deductible, it's important to pay off the loan as soon as possible.

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Show Me The Money! While that saying was made famous in the 1996 film Jerry McGuire, it still has significance for Canadians and their ability to contribute to their registered retirement savings plans (RRSPs).

A recent poll by Investors Group found that approximately 62 per cent of Canadians don't have any money to invest in their RRSPs after they meet their basic living expenses. Other studies and statistics reveal that Cana-

When do you start income planning?



At a certain point in life, financial experts advise that you will have to start "income planning" for retirement as opposed to just saving.

"Essentially, you're looking at what piles to put your money in and when to start shifting it around," explains Jason Round, head of financial planning support for RBC Financial Planning. The registered retire-

ment income fund (RRIF) can play a big role in this exercise. The RRIF is a tax-deferred plan that generates income from the savings you have accumulated in your RRSP.

The government requires that RRSPs be converted to RRIFs by Dec. 31 of the year the plan owner turns 71, if not earlier. Then you have to start making withdrawals in the year following conversion, says Pound, and there is a legislated minimum based

By the numbers

► Canadians aged 18-34 still trail baby boomers in RRSP ownership and contribution rates, according to RBC's

on your age.

The biggest reason to convert RRSPs to RRIFs early is you need income.

But what's important to know is that if you convert to a RRIF and start taking minimum payments, you won't have withholding

22nd annual RRSP poll. While 43 per cent of younger Canadians now hold RRSPs, this number still lags behind the 69 per cent of boomers with RRSPs.

taxes taken off by your financial institution, says Round.

For the average retiree — and 62 is the average retirement age now in Canada — converting RRSPs to RRIFs when they retire and long before the age 71

deadline means "you will reduce the amount you'll have to balance later on when you're entitled to old age security."

The funds withdrawn from RRIFs turn into taxable income and may impact how much old age security you can get.

Annuity or RRIF?

When you convert your RRSPs, you can put them into a RRIF or an annuity.

An annuity provides a certain sum of money regu-

larly, explains Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada. It also provides a high degree of certainty.

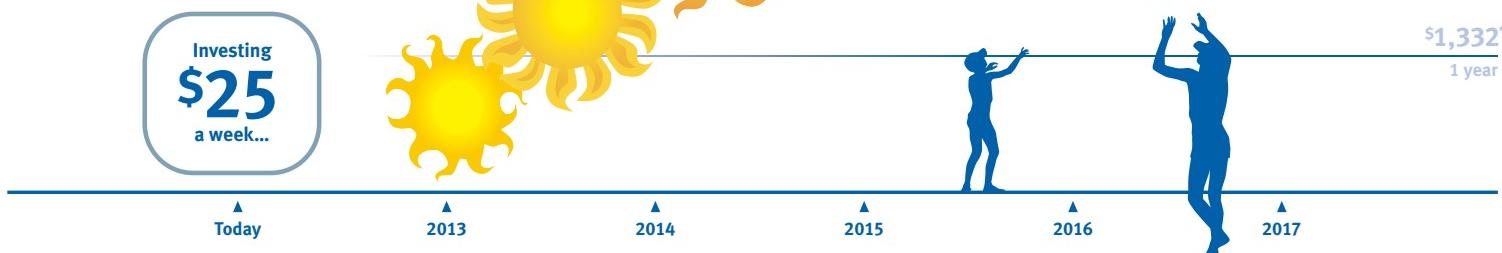
"The downside of an annuity," says Drake, "is you no longer have access to that capital."

A RRIF, on the other hand, lets you maintain control over how the money is invested. There is a minimum withdrawal that you have to take each year and it is taxed.



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4 sports

Blues cruise into top spot

► Arnott scores twice on power play as St. Louis beats Flames to claim share of division lead



Jason Arnott scored a pair of power-play goals Monday night to lead St. Louis to a 3-1 victory over the Calgary Flames, moving the Blues into a tie with Detroit for top spot in the Central Division.

David Backes also scored for St. Louis (39-17-7), which is 9-3-0 in its last 12 games and moves to within two points of the Vancouver Canucks for first place overall.

Curtis Glencross scored the lone goal for Calgary (28-24-11), which remains in 11th place in the Western Conference, three points back of the eighth-place Dallas Stars.

Calgary recognized Hall of Fame defenceman Al MacInnis before the game, honouring his No. 2 by raising it to the rafters of the Scotiabank Saddledome.

Arnott gave St. Louis a 2-1 lead with 20 seconds remaining in the first period when he scored on a long slapshot that eluded goal-



► Blues forward David Backes gets held up by Jay Bouwmeester as Miikka Kiprusoff tries to see past him.

tender Miikka Kiprusoff.

He made it 3-1 at 6:21 of the second by corralling a rebound off Patrick Berglund's shot, skating through the slot and shovelling in a backhand.

Backes erased Calgary's 1-0 lead on a rare bad goal surrendered by Kiprusoff at 14:13 of the first period.

Backes flung a harmless-looking wrist shot at the net as he skated down the wing and it squeaked through the pads of the

Flames goaltender.

It was the first shaky night for Kiprusoff in a long time. The 35-year-old Finn, who finished the night with 21 saves on 24 shots, has been sensational for the Flames all season and one of the main reasons Calgary has been able to climb back into playoff contention, picking up points in 10 of their previous 11 games.

Calgary has been outshot 11 games in a row.

Jaroslav Halak won his

third straight start for St. Louis and finished the night with 20 saves.

The Flames opened the scoring at 5:11 when Cory Sarich's nice pass gave Glencross an open lane to the net and he sent a perfect wrist shot over the blocker of Halak and just inside the goal post.

It was the 19th goal of the season for Glencross and first in three games since returning from a sprained knee.

The game featured two teams that both chose to stand pat at the NHL trade deadline.

While the Blues rewarded the confidence that St. Louis management showed in the current makeup of the club, the same could not be said for Calgary.

The Flames generated only 11 shots on goal in a listless opening 40 minutes, drawing the ire of the sell-out crowd of 19,289.

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gravitating your way when you start having success.”

TORONTO BLUE JAYS
SLUGGER JOSE BAUTISTA, ON
MAKING THE TRANSITION
FROM BEING A PART-TIME
PLAYER STRUGGLING TO STAY
IN THE MAJOR LEAGUES A
FEW YEARS AGO TO BEING A
TEAM LEADER.



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Canucks trade Hodgson to add ‘power’

Mike Gillis wanted to change the balance of power on his own team as well as in the Western Conference.

The Vancouver Canucks general manager made a splash at Monday's NHL trading deadline by sending slick rookie centre Cody Hodgson to the Buffalo Sabres for burly winger Zack Kassian. Both are former first-round draft choices.

"We needed to have more power," Gillis told Vancouver radio station Team 1040. "We have enough skill."

Hodgson ranks among league leaders in rookie scoring with 16 goals and 17 assists. The transaction highlighted an otherwise moderate day of trading.

Several teams, including the Calgary Flames, remained on the sidelines rather than participate in the flurry of deals common on previous deadline days. As a result, some prized players, including Columbus Blue Jackets captain Rick Nash and Canucks backup goaltender Cory Schneider, stayed put with their clubs.

Flames

Despite expressing his frustration with the Calgary Flames last week, Jay Feaster gave his team a vote of confidence on Monday.

► The Flames general manager decided to stand pat at Monday's NHL trade deadline.
► "We believe the answers are still in that room," said Feaster when he met with the media an hour after the deadline had passed.

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Nash requested a trade last month, according to Blue Jackets general manager Scott Howson. Howson said there were "significant discussions," but no deal was struck.

"The price was high," Howson said. "And I don't apologize for that."

Nash's non-trade was emblematic of a relatively tranquil deadline day. There were 16 deals, but nothing that came close to altering the fabric of the NHL universe.

The Nashville Predators spent the future for the

present by adding left-wing Andrei Kostitsyn and two-way forward Paul Gaustad in exchange for a slew of draft picks.

Nashville also acquired defenceman Hal Gill earlier this month and sits in fifth place in the Western Conference.

"I think with these trades we've certainly given us a chance to play with the big boys this year when we get in the playoffs," Predators general manager David Poile said.

THE CANADIAN PRESS/WITH FILES
FROM THE ASSOCIATED PRESS

Forecasts call for Heat, Thunder

► First-place teams in East, West seem to be headed toward NBA finals as second half of season gets underway

Kevin Durant says it's too early to think about a potential Heat-Thunder NBA finals.

It seems hard to ignore at the season's midpoint.

The teams share the league's best record and both rolled into the all-star break. With Durant and Russell Westbrook on one side and LeBron James, Dwyane Wade and Chris Bosh looking to avenge their finals disappointment, the series could be a thriller.

But Chicago is right on Miami's heels in the East, and a number of contenders could emerge for the Thunder out West.

The second half opens Tuesday, and the other big story is Dwight Howard's situation. Orlando has to decide by the March 15 deadline if it will keep or trade its franchise centre.

James and the Heat burn for a second chance. Durant and the Thunder are storming toward their first opportunity.

An NBA finals matchup is easy to picture.

Durant isn't looking.

"It's too early for that," the all-star game MVP said. "We're trying to take it a game at a time, a day at a time. I know in Oklahoma City, we look forward to getting better every day, and we'll see what happens."

If the all-star game was an indication, the series would be a thriller.

Durant and Westbrook helped shoot the West to a big lead. James and Wade almost brought the East all the way back before James' turnover in the final seconds allowed the West to escape with a 152-149 victory.

The races



The East appears to be shaping up as a two-team race between the Heat and Bulls, who are a half-game back despite battling injuries to all-stars Derrick Rose and Luol Deng and especially to Richard Hamilton.



With half of a 66-game season left to play, a handful of teams stand out as contenders.



Indiana and Philadelphia have been surprisingly strong, New York has recovered from a poor start behind Jeremy Lin and Boston hopes to bounce back from a disappointing first half.



tonio surged into the break despite playing for much of the first half without Manu Ginobili, the Los Angeles Clippers have become quick contenders since acquiring Chris Paul, and Dallas may still be good enough for a long playoff run.



That hasn't affected the Heat or Thunder, who rank first and third in the NBA in scoring with 103.7 and 102.7 points, respectively. Miami has been as dominant as expected when it put its trio together, winning by nearly 10 points a game and even more during their win streak.

The Thunder were built more gradually, winning just 23 games three seasons ago. They reached the West finals last year and seem poised to go further now.

"We worked our way to the top," Westbrook said. "So it's not a bad thing to be on top and be where we want to be at this halfway point."

And come June, Heat and Thunder could in the NBA's forecast.

THE ASSOCIATED PRESS

have won five straight and are 15-1 at home.

With the lockout delaying the season and reducing it to 66 games, the all-star break actually comes right at the mid-

point of the season. Many teams were happy to have the break and eager for practice time after so little was available because of the frequency of games.



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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	61	40	15	1	5	169	124	86	21-7-0-2	19-8-1-3	5-4-0-1	W2
d-Boston	60	37	20	1	2	200	139	77	18-10-1-1	19-10-0-1	5-4-0-1	W1
d-Florida	61	29	20	5	7	153	169	70	15-8-17	14-12-4-0	5-4-0-1	W2
Pittsburgh	62	36	21	2	3	193	163	77	20-8-2-3	16-13-0-3	6-3-0-1	W3
Philadelphia	61	34	20	2	5	203	187	75	14-10-4	19-10-1-1	5-4-0-1	W1
New Jersey	62	35	23	1	3	172	170	74	16-12-0-3	19-11-1-0	5-4-0-1	L3
Ottawa	64	33	23	6	2	198	192	74	17-12-2-1	16-11-4-1	6-3-1-0	W1
Winnipeg	65	30	27	4	4	169	188	68	19-10-3	11-17-3-1	5-3-1-1	L2
Washington	62	31	26	2	3	169	176	67	20-8-0-2	11-18-2-1	4-5-0-1	W2
Toronto	62	29	26	4	3	184	190	65	16-11-2	13-15-1-1	2-7-1-0	L4
Tampa Bay	62	28	28	3	3	174	212	62	18-9-11	10-19-2-2	5-4-1-0	L3
Buffalo	62	27	27	4	4	154	180	62	16-11-3-4	11-16-1-0	5-3-1-1	L1
NY Islanders	62	26	28	5	3	145	179	60	14-14-0	12-14-2-1	4-6-0-1	L1
Carolina	62	23	26	7	6	162	187	59	16-12-0-5	7-14-7-1	5-1-2-2	L2
Montreal	63	24	29	2	8	163	175	58	11-14-2-6	13-15-0-2	4-5-0-1	L4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	40	16	1	6	203	154	87	18-6-0-4	22-10-1-2	7-1-1-1	L1
d-Detroit	63	41	19	1	2	197	149	85	26-3-1-1	15-15-0-1	6-3-0-1	L3
d-Phoenix	62	32	21	3	6	164	155	73	16-10-2	16-11-1-4	9-0-0-1	W5
St. Louis	63	39	17	1	6	161	126	85	26-4-13	13-13-0-3	7-3-0-0	W3
Nashville	63	37	19	3	4	178	161	81	21-7-2-3	16-12-1-1	5-2-0-3	W2
Chicago	64	33	24	4	3	193	189	73	21-7-3	17-13-0-3	4-6-0-0	L3
San Jose	61	32	22	4	3	177	159	71	18-9-2-4	14-13-2-3	3-6-1-0	L2
Dallas	63	33	26	1	3	165	171	70	18-12-0-2	15-14-1-1	5-3-1-1	W4
Colorado	64	33	27	3	1	168	173	70	18-13-0-1	15-14-3-0	7-2-1-0	W4
Los Angeles	63	28	23	5	7	124	137	68	16-13-0-4	12-10-5-3	3-5-1-1	L1
Calgary	63	28	24	5	6	151	173	67	16-9-1-3	12-14-3-4	4-2-2-2	L4
Minnesota	62	28	25	2	7	139	163	65	15-10-3	13-15-1-4	3-6-0-1	W1
Anaheim	63	27	26	4	6	161	178	64	16-13-0-2	11-13-2-6	6-2-0-2	L1
Edmonton	62	25	31	2	4	167	184	56	16-11-2-2	9-20-0-2	4-5-1-0	W1
Columbus	62	18	37	2	5	144	207	43	11-17-1-2	7-20-1-3	4-5-1-0	L2

d — division leaders ranked 1-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Ottawa 5 Winnipeg 3

St. Louis 3 Calgary 1

Colorado 4 Anaheim 1

Nashville 2 Los Angeles 1

N.Y. Rangers 2 New Jersey 0

Sunday's results

Ottawa 5 N.Y. Islanders 2

Dallas 3 Vancouver 2 (OT)

Florida 4 Montreal 2

Anaheim 3 Chicago 1

Minnesota 4 San Jose 3

Pittsburgh 4 Columbus 2

Tampa Bay 4 New Jersey 3

Tonight's games

All Times Eastern

Ottawa at Boston, 7 p.m.

Florida at Toronto, 7 p.m.

N.Y. Islanders at Washington, 7 p.m.

Nashville at Carolina, 7 p.m.

Detroit at Columbus, 7 p.m.

Montreal at Tampa Bay, 7:30 p.m.

Los Angeles at Minnesota, 8 p.m.

Vancouver at Phoenix, 9 p.m.

Philadelphia at San Jose, 10:30 p.m.

Tomorrow's games

Pittsburgh at Dallas, 7:30 p.m.

Toronto at Chicago, 8 p.m.

St. Louis at Edmonton, 9:30 p.m.

Buffalo at Anaheim, 10 p.m.

Thursday's games

New Jersey at Boston, 7 p.m.

Minnesota at Montreal, 7 p.m.

N.Y. Islanders at Philadelphia, 7 p.m.

N.Y. Rangers at Carolina, 7 p.m.

Florida at Winnipeg, 8:30 p.m.

Columbus at Colorado, 9 p.m.

Calgary at Phoenix, 9 p.m.

St. Louis at Vancouver, 10 p.m.

Buffalo at San Jose, 10:30 p.m.

BLUES 3, FLAMES 1

First Period

1. Calgary, Glencross 19 (Jokinen, Sarich) 5:11
2. St. Louis, Backes 19 (Oshie, Polak) 14:13
3. St. Louis, Arnott 14 (Pietrangelo, McDonald) 19:20 (pp)

Penalties — Backes STL (interference), Crombeen STL, Desbiens CAL (fighting) 11:54, Giordano CAL (hooking) 18:25.

Second Period — 4. St. Louis, Arnott 15 (Berglund, McDonald) 6:21 (pp)

Penalties — Hannan CAL (interference) 6:09, Polak STL (tripping) 12:34, Glencross CAL (roughing) 15:23.

Third Period — No Scoring.

Penalties — Backes STL (high-sticking) 5:38, Peron STL (tripping), Comeau CAL (boarding) 8:18.

Shots — St. Louis 9 8 7 24
Calgary 8 3 10 21

Goal — St. Louis: Halak (W, 19-10-5); Calgary: Kiprusoff (L, 27-19-7). **Power plays (goals-chances)** — St. Louis: 2-3; Calgary: 0-3.

Referees — Ghislain Hebert, Kelly Sutherland.

Linesmen — Shane Heyer, Mike Cwik.

Attendance — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	37	41	78
Stamkos, TB	43	32	75
Giroux, Pha	23	49	72
Spezza, Ott	28	42	70
H.Sedin, Vcr	13	53	66
Kessel, Tor	31	34	65
Karlsson, Ott	14	51	65

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

KANSAS CITY ROYALS—Agreed to terms with RHP Vin Mazzaro on a one-year contract and C Salvador Perez on a five year contract.
NEW YORK YANKEES—Agreed to terms with 3B Eric Chavez on a one-year contract. Placed RHP David Aardsma on the 60-day DL.
TEXAS RANGERS—Agreed to terms with OF Engel Beltre, OF Julio Borbon, RHP Jacob Brigham, LHP Miguel de los Santos, RHP Neftali Feliz, RHP Wilmer Font, RHP Mark Hamburger, LHP Derek Holland, LHP Michael Kirkman, RHP Rogerio Manzoni, RHP Justin Miller, RHP Alexi Ogando and LHP Martin Perez on one-year contracts.

NATIONAL LEAGUE

CINCINNATI REDS—Agreed to terms with LHP Sean Marshall on a four-year contract.
HOUSTON ASTROS—Agreed to terms with INF Marvin Gonzalez on a one-year contract.

BASKETBALL

NBA

CINCINNATI REDS—Agreed to terms with LHP Sean Marshall on a four-year contract.

HOUSTON ASTROS—Agreed to terms with INF Marvin Gonzalez on a one-year contract.

WNB — SEATTLE STORM—Signed F Tina Thompson.

FOOTBALL

NFL

CLEVELAND BROWNS—Signed LB D'Qwell Jackson to a multiyear contract extension.

WASHINGTON REDSKINS—Re-signed CB Will Montgomery and DE Darren Scott.

CFL

WINNIPEG BLUE BOMBERS—Released RB Fred Reid.

HOCKEY

NHL

CLEVELAND BROWNS—Signed LB D'Qwell Jackson to a multiyear contract extension.

WASHINGTON REDSKINS—Re-signed CB Will Montgomery and DE Darren Scott.

ANAHEIM DUCKS—Acquired D Sebastian Erivox from Vancouver for RW Andrew Gordon. Traded D Mark Fraser to Toronto for RW Dale Mitchell.

BOSTON BRUINS—Acquired F Brian Rolston and D Mike Mottau from the New York Islanders for F Yannick Riendeau and D Marc Cantin. Acquired D Greg Zanon from Minnesota for D Steven Kampfer. Assigned F Carter Camper, D Andrew Bodnaruk and F Max Sauve to Providence (AHL).

BUFFALO SABRES—Acquired C Cody Hodgson and D Alexander Sulzer from Vancouver for F Zack Kassian and D Marc-Andre Gragnani.

CALGARY FLAMES—Signed RW Tim Jackman to a two-year contract.

CAROLINA HURRICANES—Recalled F Zach Boychuk from Charlotte (AHL).

CHICAGO BLACKHAWKS—Traded D-F John Scott to New York Rangers for a 2012 fifth-round draft pick. Recalled D Brendan Smith from Grand Rapids (AHL).

EDMONTON OILERS—Acquired D Nick Schultz from Minnesota for D Tom Gilbert.

MONTRÉAL CANADIENS—Traded F Andrei Kostitsyn to Nashville for a 2013 second-

round draft pick and a conditional 2013 fifth-round draft pick. Claimed F Brad Staubitz off waivers from Minnesota. Recalled F Blake Geoffrion from Hamilton (AHL). Reassigned C Louis Leblanc to Hamilton.

NASHVILLE PREDATORS—Acquired C Paul Gaustad and a 2013 fourth-round draft pick from Buffalo for a 2012 first- and a 2013 fourth-round draft pick.

NEW YORK ISLANDERS—Activated D Mark Katic from injured reserve and loaned him to Bridgeport (AHL).

OTTAWA SENATORS—Acquired C D'Arcy Gilroy from Tampa Bay for D Brian Lee. Assigned G Ben Bishop to Binghamton (AHL).

SAN JOSE SHARKS—Acquired F Daniel Winnik, F T.J. Galiardi and a 2013 seventh-round draft pick from Colorado for F Jamie McMurray, F Mike Connelly and F Michael Sgarbossa.

TAMPA BAY LIGHTNING—Acquired D Keith Aulie from Toronto for F Carter Ashton. Recalled F Brandon Segal from Norfolk (AHL). Reassigned F Mike Angelidis, F Trevor Smith and D Evan Oberg to Norfolk.

VANCOUVER CANUCKS—Acquired F Sammy Dahlstrom from Columbus for D Taylor Ellington and two 2012 fourth-round draft picks.

Winnipeg Jets—Claimed D Grant Clitsome off waivers from Columbus. Traded D Johnny Oduya to Chicago for a 2013 second- and third-round draft pick.

Winnipeg Jets—Placed C Nicklas Backstrom on the long-term injured list, retroactive to Jan. 4.

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Winnipeg Jets—Recalled D Grant Clitsome off waivers from Columbus. Traded D Johnny Oduya to Chicago for a 2013 second- and third-round draft pick.

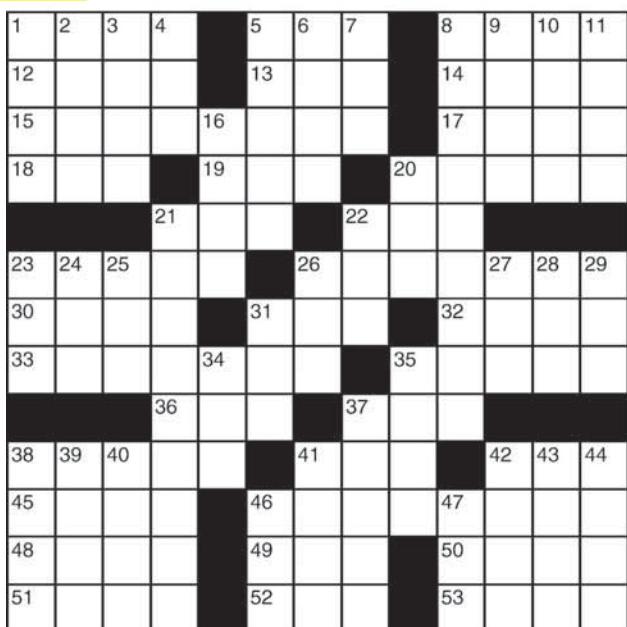
Winnipeg Jets—Placed C Nicklas Backstrom on the long

Crossword**Across**

1 Humpty's perch
 5 — out (relax)
 8 Applaud
 12 Others (Lat.)
 13 Mrs. McKinley
 14 Helper
 15 Dracula's ilk
 17 Nasty
 18 Before
 19 Fellows
 20 Reject disdainfully
 21 Quid pro —
 22 3, on the phone
 23 Counterfeit
 26 Spoke highly of
 30 Met melody
 31 Bliss
 32 Italy's capital
 33 "Oh, what a — web we weave ..." —
 35 Underneath
 36 Wrestling surface
 37 Storefront sign
 abbr.
 38 DJ's creation
 41 Twosome
 42 Ostrich's cousin
 45 Tresses
 46 Shortcircuits the ignition
 48 Slave to crosswords?
 49 Joan of —
 50 Workbench attachment
 51 Nays' opponents
 52 — jongg
 53 12 months

Down

1 Greet silently
 2 Winged
 3 Key — pie
 4 Once around the track



5 Migratory songbird
 6 Biblical garden
 7 Petrol
 8 S'mores are often cooked over them
 9 Stead
 10 Jewish month
 11 Teller's partner
 12 Don of radio fame
 13 Vast expanse
 14 Marshes
 15 Parched
 16 Cudgel
 17 Man-mouse link
 18 Martini ingredient
 19 Spacecraft compartment
 20 Addict

27 Scale member
 28 Comedian Philips
 29 Morning moisture
 31 Lustrous black
 34 Remiss
 35 Forehead
 37 Starsky's pal
 38 Perlman of "Cheers"
 39 Simple
 40 Gold digger's place?
 41 Nickelodeon's explorer
 42 Great Lake
 43 Arizona city
 44 Addict

46 Easter entree, often
 47 Wall climber

► Monday's answer

**Sudoku**

9	7		6		1	
			8	5		2
2			1	8		
	2				9	
	4	3	8	2		
5					7	
	8	4			6	
3		1	7			
2	8		3	4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Monday's answer

3	7	2	5	6	4	1	9	8
1	4	6	3	9	8	5	2	7
5	8	9	7	1	2	4	3	6
6	1	4	2	3	7	9	8	5
2	5	7	4	8	9	3	6	1
9	3	8	1	5	6	7	4	2
4	6	5	9	2	1	8	7	3
8	9	3	6	7	5	2	1	4
7	2	1	8	4	3	6	5	9

A look at the weather

TUESDAY



Min -14°

Max -1°

WEDNESDAY



Min -11°

Max -1°

THURSDAY



Min -11°

Max -5°

**Andrew Schultz,
Meteorologist**

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 5:30AM

**Today's horoscope**

For today's crossword answers and for expanded horoscopes, visit metronews.ca

Aries March 21-April 20

Something will happen that compels you to question a belief or an attitude that has been a part of your life for as long as you can remember.

Taurus April 21-May 21

You don't need the approval of family or friends or work colleagues to do what you know to be right.

Gemini May 22-June 21

You will surprise more than a few people today by how easily you move from one set of circumstances to another.

Cancer June 22-July 22

Stay focused on your number one

objective and don't let anything else that might be going on around you tempt you off at a tangent.

Leo July 23-Aug. 23

Someone will make you an interesting offer today but you need to be certain it is right for you before you accept.

Virgo Aug. 24- Sept. 22

It's kiss and make up time.

Libra Sept. 23-Oct. 23

You've been working your fingers to the bone and need to go easier on yourself for a while.

Scorpio Oct. 24-Nov. 22

You will be in an assertive mood today and that's good.

→ **Sagittarius** Nov. 23-Dec. 21 Don't expect other people to think logically and act in predictable ways.

Capricorn Dec. 22-Jan. 20

Most likely you will do something today that leaves everyone around you open-mouthed in amazement.

Aquarius Jan. 21-Feb. 18

You may be having your doubts about a commitment of some kind. If so you will need to make a decision today: either you pull out now or stay with it for the long haul.

Pisces Feb. 19-March 20

Something will not work out the way you expected, but it really doesn't matter. ■ SALLY BROMPTON

Caption contest

"Isn't it great being on Gene Simmons' dogsled team?!"
BILL

**You write it!**

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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